



Food and Fitness

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An Old Fashioned Christmas

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Web sites of interest:

- * diabetes.org
- * aicr.org
- * heart.org
- * alz.org/wv

What makes an old fashioned Christmas? Is it simplicity or tradition? Is it thoughtful gift giving or homemade gifts? Is it attending religious services or visiting with family and friends? The one thing that would be absent in an old fashioned Christmas is today's holiday stress!

House cleaning, decorating, shopping, gift wrapping, cooking, parties, visiting, attending the grandkids' Christmas programs—the list can become endless!

There are only 24 hours in the day so we have to consolidate the "tasks" of the Christmas sea-

son. Perhaps we can plan a shopping and gift wrapping party with girl friends or a decorating and "gift-cooking" party with family. A small party with hors d'oeuvres before a Christmas program can combine some of the visiting and the program on the same day! A quick cheese ball recipe that can serve as party refreshment or savory gift follows:

- 8 oz. Cheddar cheese
- 8 oz. Cream cheese
- 1 oz. Blue cheese, optional
- 2 Tbs. Grated onion
- 1 clove garlic, minced



- 1 Tbs. finely chopped green onion
- 1 tsp. Worcestershire sauce
- 1/2 tsp Tabasco sauce

Allow cheeses to come to room temperature. Combine in food processor, adding rest of ingredients.

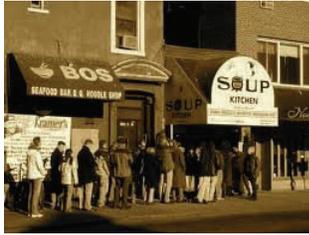
Form into 4 balls. Roll balls in finely chopped parsley or finely chopped nuts. Wrap in waxed paper and refrigerate overnight before using. May be frozen until needed.



Christmas Gifts That Count!

Have you ever wished you could give the perfect gift—something that someone really needs or wants? If the people on your “gift list” seem to have everything consider giving a gift in their honor this year—a gift that will make a difference to someone else whose basic needs are not being met.

Battered women’s shelters, food pantries, soup kitchens and the like always appreciate gifts of time, talent, or treasure. You can perform these services in someone’s honor and write a card to the honoree telling them why this organization is so important to you.



Time—volunteer to serve meals at a soup kitchen or to help make or deliver Christmas baskets from a volunteer organization.

Talent—volunteer to sing Christmas carols to long term care residents or in hospitals.



Treasure—make a donation to a charitable organization. They will notify the person in whose honor you made the contribution.



Check with your local

Lions, Kiwanis, or Rotary organizations. Contact the American Diabetes Association, the American Heart Association, the American Institute for Cancer Research, or the Alzheimer’s Association. Those on your list will surely appreciate that you honored them in a special way.

You won’t need any gift wrapping and you won’t have to wait in any lines. Your gift will not be put away in a closet for next year’s gift exchange. Best of all, your gift can make a difference in someone’s life!



Recipe Corner—Turkey Tips: Classy Leftovers!

Here are some light and delicious recipes to use your leftover turkey. To save time and energy, slice or cut the meat into chunks and freeze two-cup portions in Ziploc bags to be ready for recipes.

Open-Faced Turkey Tacos

6 (6 inch) whole wheat or corn tortillas
4 teaspoons fresh lime juice



1 small avocado, peeled and sliced
2 small vine-ripened tomatoes, chopped
1/3 cup cilantro
1/3 cup green onions, chopped

Recipe Corner—Turkey Tips: Classy Leftovers!

½ head red-tipped lettuce,
sliced crosswise

2 cups boneless skinless tur-
key pieces

Combine avocado, to-
mato, cilantro, green onions
and lime juice together. Mari-
nate for about one hour.

Wrap tortillas in foil
and place on baking sheet.
Warm for about ten minutes
in oven preheated to 325°F.

Arrange all ingredients
over warmed tortillas, starting
with lettuce, tomato mari-
nade, then turkey. Drizzle fat
-free salsa on top and enjoy.
For picky eaters you might
offer all ingredients sepa-
rately, as in a salad bar, and
let the family or guests pre-
pare their own tacos.



Turkey Salad with Grapes

1/2 cup sliced almonds

1 cup plain fat free Greek-
style yogurt

3 Tablespoons coarse-grained
mustard

4 teaspoons fresh lemon juice

1 teaspoon curry powder

2 cups boneless, skinless tur-
key pieces

1 ½ cups red seedless grapes,
halved

1 rib celery, chopped finely

½ head Romaine lettuce,
sliced crosswise

or baby spinach leaves



Salt and red pepper to taste

Toast almonds on bak-
ing sheet in 350°F oven for
about 5 minutes. Put yogurt,
mustard and other seasonings
in salad bowl and whisk in-
gredients together. Add nuts,
turkey, grapes and cel-
ery to the mixture.
Season with salt and
pepper and serve over
salad greens.

Nutty Turkey Pasta

4 cups precooked whole
wheat pasta

2 cups boneless, skinless tur-
key pieces

2 tablespoons vegetable oil

½ cup celery, chopped

1 small onion, chopped

1 can low sodium, reduced fat
cream of chicken soup

1/3 cup cashews

Prepare
pasta al dente, according to
package directions. Drain
and set aside. Sauté
vegetables in skillet with
oil until wilted.

Spray casserole dish with
non-tick spray for easier
cleaning. Mix vegeta-
bles, soup, turkey and pasta
together in bowl then place in
casserole. Sprinkle nuts
around evenly. Bake at 350°F
for 30 minutes. Serve and
enjoy.



All I Want for Christmas... (Granny's letter to Santa)

Dear Santa:

I'm not going to try to convince you that I've been really good since last Christmas.



I'm sure you already know about how I ate way too many calories at the New Year's Eve party!

But, I **did** make a New Year's resolution to exercise more. And I **did** exercise more... for about a month. That gym membership from my well-meaning kids last Christmas was so nice.

I really did plan to get back to exercising after Valentine's Day and all that chocolate from my sweetheart...I was just so busy with babysitting for the grandkids and getting my taxes done....well, you know how it is, Santa.

With spring and the outdoor season coming I went back to the gym for a while. But, then it just kept snowing, and the roads were so slick in the morning, and after



work it was already dark and I just wasn't in the mood to stop by the gym on the way home and blah, blah, blah. You understand!

I was pretty good all summer. The days were warm and I had the garden and the yard to tend so I was really active! Then it got too hot in August but I could walk early in the morning and late in the evening because it stayed light longer. I've done well through the fall but I'm getting worried about winter— it's so dark and cold!

So, Santa, I got to thinking.....maybe, you could help me out. I know the elves are busy making all those toys.....but, I thought they might be able to make a special gift for you to load onto your sleigh and leave under my Christmas tree. I'm not picky, so let them look at my list and see what they can do:

Treadmill -- So convenient, I wouldn't have to drive to the gym, great for aerobic exercise, rain or



shine.

Stationary bike -- Doesn't take up much room, no driving to the gym, great for aerobic



bic exercise, burns calories, can watch TV while exercising



Stair climber - Would have to find room for this one but it's a great way to do aerobic exercise, burns lots of calories.



Fan Bike -- Sort of like a stationary bike but exercises both arms and legs. You know I need

to do something about these flabby arms, Santa.

Rower -- Another great way to get exercise



All I Want for Christmas (continued)

for both arms and legs.

Elliptical Trainer -- Now

here's a really good way to exercise and no pounding my feet



and knees. You know I just might like one of these better than a treadmill or stair climber, not that I'd be disappointed with either of those, Santa!

Recumbent Bike -- What a fabulous idea, more comfortable than sitting on one of



those itty-bitty bicycle seats and I hear the elliptical peddling motion reduces the chance of impact injuries.

NuStep -- Total body conditioning for both cardiovascular fitness and

strength— what a great way to exercise. And you get to sit down while you exercise. If I had one of these I wouldn't have to worry about falling off the machine.



Weight training equipment

-- The Council on Fitness says it's important for older folks to do strength training, so



maybe you could put some free weights under the tree

or a dyna-band in my stocking.



Exercise DVDs --

would definitely fit in my stocking. I've heard that



there are some really good work-outs that I could pop into the DVD

player and just follow along—both aerobic exercise and strength training.

Wii Fit -- I know what that new fangled whatchamacallit is—they have one at the senior center!

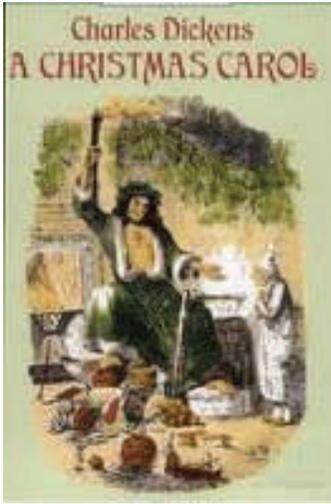
I've heard they are pretty cool and that the Wii Fit is a fun way to do all kinds of exercise.



Hey, maybe I would really keep up my exercise routine if I had one of these, Santa. I know how important exercise is and I'll appreciate anything you can fit in your sleigh for me. Thank You Santa! With your help I know I'll do better this year. Merry Christmas!



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www.seniorservices.gov

Homemade Gift—Mama's Mirliton Pickles

If you really want to take the classic turkey sandwich up a culinary notch, try making some of these easy pickles. Start now and they will be ready by Christmas.

1 ½ qt. white vinegar

1/3 cup sugar

¼ cup salt

3 stalks celery, cut
into 5 inch sticks

2 white onions, sliced

6 mirlitons, peeled (also
called chayote squash or
prickly pears)

6 small hot red peppers



Cut mirlitons in half through the center and remove seed.

Slice across

into four or five inch long pieces. Place mirlitons, celery and onions in a large plastic container and cover with ice cubes and water. Soak overnight. (This step insures that pickles will be crisp!)

Drain vegetables on paper towels and dry. Arrange vegetables in sterile jars and include one red pepper in each jar.

Bring vinegar, salt and sugar to a boil in a medium sized pot. Pour vinegar over vegetables so that it covers them completely. Seal jars with new lids. Cooling them creates a vacuum. The pickles should be chilled for about three weeks before opening. They will stay fresh for a few months but the longer they sit the hotter they get!

